



PUBLIC HEALTH

**ALWAYS WORKING FOR A SAFER AND
HEALTHIER WASHINGTON**



All WIC Meeting

Connecting WIC & PCS

PCS Moments for State WIC Staff

Today's Agenda

1. A PCS Moment – recap of August Affirmations
2. Share our new logo and branding for WA WIC
3. Introduce the State Champions & the Core PCS Team
4. Work in pairs on a PCS activity
5. Hear how PCS is key to WIC and our work ahead
6. End with Autumn Reflections



August Affirmations – Checking in...

- Your challenge was to choose to:
 - Affirm someone every day
 - Affirm someone every week
 - Affirm the customer once during each conversation
 - Affirm a family member or friend
- **How did you find Affirmations effective or useful in your everyday conversations?**

PCS in Washington...



State PCS Core Team...



A Champion supports others to understand and learn new ways to be successful using PCS skills.

OARS Skills

O pen ended question

A ffirmations

R eflexive Listening

S ummaries

Activity

- If many interactions between all the different people that you work with were Participant Centered what difference would this make?
- Your specific role/work
- State Office
- WIC families / retailers/farmers
- The workplace atmosphere

Fall Reflections

Reflective Listening

- A statement
- Does not need to be correct
- Makes them feel understood and keeps them talking

Think to yourself:

What do I think they mean?

What is she really trying to say?



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